

Special Instructions For \_\_\_\_\_

## To The Pregnant Woman Who Is Not Gaining Enough Weight

Eating more foods that are higher in calories will help you gain enough weight to have a healthy baby. Try to eat 3 or more meals each day with snacks in between.



### Some Nutritious Snacks - Check Those You Like

- |  |   |
|--|---|
| <input type="checkbox"/> Cheese and Crackers | <input type="checkbox"/> Fruit Salad            |
| <input type="checkbox"/> Tuna Salad          | <input type="checkbox"/> Milk and Milk Shakes   |
| <input type="checkbox"/> Nachos with Beans   | <input type="checkbox"/> Peanut Butter Sandwich |
| <input type="checkbox"/> Pudding             | <input type="checkbox"/> Raisins, Dried Fruits  |
| <input type="checkbox"/> Yogurt              | <input type="checkbox"/> Hard-Boiled Eggs       |
| <input type="checkbox"/> Fruit Juice         | <input type="checkbox"/> Graham Crackers        |

### Here Are Some Other Tips For Gaining Weight. Check The Ones You Will Try.

- ☐ Eat a variety of foods - fruits, vegetables, milk and cheese, meat, breads and cereals.
- ☐ Add cheese to noodles, rice, vegetables, scrambled eggs and other foods.
- ☐ Make hot cereals, mashed potatoes and cream soups with milk instead of water.
- ☐ Sprinkle cooked eggs and grated cheese on salads, casseroles and soups.
- ☐ Spread peanut butter on pancakes, fruit, toast and crackers.
- ☐ Don't use a lot of sugar-free or low-calorie drinks and foods.

Other healthy ways to add calories are:

- \_\_\_\_\_
- \_\_\_\_\_

Pregnancy is not a time to diet. If you exercise a lot or are on your feet all day, take time out each day to get some rest. Try to get enough sleep.

By Your Next Visit Try To Gain \_\_\_\_\_ Pounds